

Menu for
April 2018

Wildcat Café!

Healthy Wildcat Challenge from Mrs. Poole

build a healthy LUNCH!

- GRAIN:** bread, bagel, crackers, granola bar, muffin
- PROTEIN:** nuts, chicken, tuna, garbanzo beans, peanut butter, turkey, boiled egg
- VEGIE:** carrots, broccoli, lettuce, tomato, spinach, cucumbers
- DAIRY:** yogurt, milk, cheese
- FRUIT:** pineapple, fruit cup, apple, jam, berries, banana, grapes, squeeze fruit, orange
- SNACK:** crackers, trail mix, granola bar, crackers

Build a Better Lunch!

Last month we focused on building a better breakfast. For the month of April, we are going to look at building a better lunch! Whether you are “buyer” or a “brown bagger”, this month your goal is to make healthier lunch choices. Can you plan a field trip to the grocery store to have tasty options available? What about challenging yourself to have a food representative of every food group? How about making one small change – maybe switching your sports drink to water or what about enjoying fresh fruit as your dessert?

Please be sure to check out your Google Classroom or the online Friday Folder for your April Healthy Wildcat Challenge worksheet. Have mom or dad sign off that you are making healthier choices, and be rewarded with a Cross and a Fitness Finder!

Monday, April 2

Tuesday, April 3

Tuesday, April 4

Thursday, April 5

Friday, April 6

AVAILABLE DAILY !



EASTER BREAK

Break begins at noon on:

Wednesday, March 28

Classes resume:

Monday, April 9

A LA CARTE ITEMS

Ultimate Nachos	\$3.00
Regular Nachos	\$1.50
P B & J Sandwich	\$1.50
Cheese Sandwich	\$1.50
Deli Sandwich	\$1.50
Tossed Salad	\$1.50
Yogurt	\$1.00
Fresh Cut Veggie Sticks	\$.50
Hard Boiled Egg	\$.50

French Fries \$1.00

(only when offered on the regular menu that day)

Monday, April 9

ENTRÉE:
Broccoli Cheese Soup served with garlic bread, and fruit

DELI:
Hamburger or Cheeseburger

OR

Hot Dog on Bun with fries, and fruit

Tuesday, April 10

ENTRÉE:
Beef Soft Taco served with carrots, and fruit

DELI:
Fish Filet Sandwich served with a green salad, and fruit

Wednesday, April 11

Pizza with green salad, and fruit



DELI:
Egg Salad Sandwich on Wheat Bread with a green salad, and fruit

Thursday, April 12

ENTRÉE:
Pancakes and Bacon served with cottage cheese, and fruit

DELI:
Chicken Salad Croissant served with peas, and fruit

Friday, April 13

ENTRÉE:
Spaghetti with Meatballs served with a green salad, and fruit

DELI: Hamburger or Cheeseburger

OR

Hot Dog on Bun with fries and fruit

How do I pay for School Lunches?



Three EASY & CONVENIENT WAYS:

- ⇒ Send a check or cash with your child to deposit into their Café account
- ⇒ Send in cash or check daily
- ⇒ Set-up a My School Bucks Café Account and make online credit card or ACH draft payments.

Go to www.sjrns.org and click on the My School Bucks logo to set-up your Café account TODAY!

Monday, April 16

ENTRÉE:
Chimichanga served with mixed vegetables, and fruit

DELI:
Hamburger or Cheeseburger

OR

Hot Dog on Bun with fries, and fruit

Tuesday, April 17

ENTRÉE:
Crunchy Beef Tacos with a green salad, and fruit

DELI:
Ham and Swiss on Rye served with brussel sprouts, and fruit

Wednesday, April 18

ENTRÉE:
PIZZA (Cheese or Pepperoni) served with green salad, and fruit 

DELI:
Egg Salad Sandwich on Wheat Bread with a green salad, and fruit

Thursday, April 19

ENTRÉE:
Chicken and Waffles served with yogurt, and fruit

DELI:
Chicken Salad Croissant served with green beans, and fruit

Friday, April 20

NOON DISMISSAL TODAY!



Café Q&A

What can I eat???

Gluten, nuts, dyes, lactose, shellfish.....

Many students have these food allergies, sensitivities, and intolerances.

“A true food allergy causes an immune system reaction that affects numerous organs in the body. It can cause a range of symptoms. In some cases, an allergic food reaction can be severe or life-threatening. In contrast, food intolerance symptoms are generally less serious and often limited to digestive problems.”*

Please contact the cafeteria manager to discuss menu items if there is a concern. Many of our food selections are safe for students to consume if they have food allergies, sensitivities and/or intolerances.

* Source: <https://www.mayoclinic.org/diseases.../food-allergy/expert.../food-allergy>

Monday, April 23

ENTRÉE:
Swedish Meatballs with buttered noodles, peas, and fruit

DELI:
Hamburger or Cheeseburger

OR

Hot Dog on Bun with fries, and fruit

Tuesday, April 24

ENTRÉE:
Crunchy Beef Tacos served with a green salad, and fruit

DELI:
Chicken Salad on a Croissant with a green salad, and fruit

Wednesday, April 25

ENTRÉE:
PIZZA with broccoli, and fruit 

DELI:
Chicken Salad Croissant served with asparagus, string cheese, and fruit

Thursday, April 26

ENTRÉE:
Macaroni and Cheese with broccoli, and fruit

DELI:
Tofu Stir Fry served with a dinner roll, cheese cubes, and fruit

Friday, April 27

ENTRÉE:
Beef and Cheese Lasagna with buttered corn, and fruit

DELI:
Hamburger or Cheeseburger

OR

Hot Dog on Bun with fries, and fruit

Monday, April 30

ENTRÉE:
Chicken Tenders with fries, and fruit

DELI:
Hamburger or Cheeseburger

OR

Hot Dog on Bun with fries, and fruit

SPRING IS HERE...finally

- The first day of spring is called the vernal equinox. The term *vernal* is Latin for “spring” and *equinox* is Latin for “equal night.”
- On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.
- Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don’t always come on the same day is that Earth doesn’t circle the sun in exactly 365 days.
- The first day of spring in the Southern Hemisphere is the first day of fall in the Northern Hemisphere.
- Easter always falls on the first Sunday after the first full moon after the spring equinox.
- During the spring, birds are more vocal as they sing to attract mates and warn away rivals.
- Children actually grow faster in the spring than during other times of the year.
- Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies from successful ones. Surprisingly, swarming honeybees are very docile and the friendliest they will ever be all year.

